



A Taste Of The Future

By MCSN JAMES EVANS
Penny Press staff

USS Abraham Lincoln (CVN 72) hosted Midshipmen from the U.S. Naval Academy and colleges throughout the United States for training May 31-June 13.

According to Lt. Susanne Connolly, Lincoln's midshipman training officer and assistant air operations officer, during their time on board, the Midshipmen were under the supervision and instruction of Lincoln's crew.

"1st Class Midshipmen [were assigned to] division officers as 'running mates,'" said Connolly. The 1st Class Midshipmen are in their senior year and closest to joining the fleet. The rest [were paired up with] enlisted personnel from various departments.

Midshipmen spend time aboard U.S. Navy warships as part of their summer curriculum. During that time, they get their first taste of life at sea and firsthand experience in the various duties they have to look forward to as naval officers.

"[They get] tours of various departments, like air, operations, and engineering," said Connolly, "as well as going up to the bridge and learning what bridge watches are like."

To Midshipman 3rd Class Zach Martens, a sophomore student at the U.S. Naval Academy, coming to Lincoln represented a chance to see a different side of the Navy.

"At school, you only get to see things from the officers' perspective. Here you get a completely different point of view and get to see what it's like for the enlisted crew," said Martens.

Lincoln is on a scheduled deployment in the Western Pacific in support of maritime security operations and to conduct exercises with allies in the region.



Photo By MCSN James Evans

Midshipman Second Class Glenn Diller chocks and chains the landing gear of an F/A-18E Super Hornet in the hangar bay. Midshipmen from the Naval Academy and ROTC visited Abe as a part of their curriculum.

EODMU 11 Det. 9 Meets Japanese Counterparts

By MC3(AW) M. JEREMIE YODER
Penny Press staff

Members of Explosive Ordnance Disposal Mobile Unit (EODMU) 11, Detachment 9, from Naval Air Station, Whidbey Island, Wash. participated in joint training operations with members of the Japan Maritime Self Defense Force (JMSDF) Explosive Ordnance Disposal team May 29 in Sasebo, Japan.

Lieutenant John Laney, EODMU 11, det. 9's officer in charge, said that every opportunity that his EOD unit has to work with JMSDF is a chance to strengthen the bond between the United States and

Japan.

"While I cannot do that single-handedly," he said, "I can focus on my specialty (EOD), and improving relationships between American EOD and our Japanese counterparts."

While fostering relationships, the joint training allowed EODMU 11 Det. 9 Sailors to share information on how they address some of the problems that joint U.S. forces have been facing in Iraq with respect to improvised explosive devices (IEDs).

Laney said that the JMSDF EOD team is incredibly proficient at their job, but their training is limited to surface and

sub-surface explosive devices within the marine environment. As a result, the training that Det. 9 provided was both new and insightful.

As part of the training, Det. 9 Sailors demonstrated X-ray techniques with their portable X-ray machine, which is used to both identify the type of IED in question and discern the makeup and location of the component parts within the device. According to Laney, these components can vary greatly from device to device.

Laney said that while the specific techniques used in the X-ray process were not familiar to his Japanese counterparts, they

Turn to EOD, Page 6



Spotlight Sailors



AN Stacy Tidd
AIMD/IM-2

Hometown:

NOT FOR PUBLIC RELEASE

Joined the Navy:
March 3, 2006

Advice to new Sailors:

"Stay out of trouble. You never know what you might miss out on in your next port visit."

Reason she joined the Navy:

"World travel, structure, education and to do my duty for my country."

Something AN Tidd is looking forward to:

"Visiting Hawaii again."



**HM3(SW/AW)
Ephelius Cornelious**

Dental

Hometown:

NOT FOR PUBLIC RELEASE

Reported on board:
Dec. 19, 2004

Hobbies:

Tennis, running, youth Bible study teacher and singing in the choir

Reason he joined the Navy:

"To protect my country and receive a good education."

Brief discription of HM3(SW/AW) Cornelious' job:

"I am the Front desk program manager. I'm responsible for patient scheduling and setting up the recall process for over 5,000 ship's company and embarked air wing/staff."



The USS Abraham Lincoln CVN-72 will be conducting a bone marrow registry on June 28. Our goal is to surpass the record held by the USS Nimitz of 1,800 personnel registered. Just show up on the aft mess decks June 28 to sign up.



June 9, 1917

Six armed yachts depart New York for Brest, France. They become the U.S. Patrol Squadron, a force that excorts convoys when they enter French waters and conducts patrol and minesweeping operations.

The Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.

| | |
|-----------------------------|-----------------------------|
| Commanding Officer..... | Capt. C.A. McCawley |
| Executive Officer..... | Capt. (Sel) T. E. Nosenzo |
| Public Affairs Officer..... | Lt. Cmdr. John Filostrat |
| Assistant PAO..... | Ens. Brett Dawson |
| Media Dept. LCPO..... | MCCS(SW/AW) Jon Annis |
| Editor..... | MC2 Michael Hart |
| Staff..... | MCC(SW/AW) Christopher King |
| | MC1(SW) Joaquin Juatai |
| | MC2 Michael Cook |
| | MC3(AW) M. Jeremie Yoder |
| | MC3 James McGury |
| | MCSN Ronald Dallatore |
| | MCSN James Evans |
| | MCSN Timothy Roache |
| | MC3 Jordon Beesley |

News

Leaders Possess Great Peripheral Vision

By FLTCM (AW/SW) JON R. THOMPSON

Leaders share a common trait – they have great awareness of their surroundings. Never content with just looking straight ahead, leaders remove their blinders and keep a close watch on where they are going, where they are and where they came from. Do you have this kind of peripheral vision? Do you ‘keep your head on a swivel?’

A common leadership training phrase is, ‘if you see a problem, you own the problem.’ I think the meaning is clear. Unfortunately, I’m not sure enough of you truly buy into this statement. Every time one of us walks by a problem and turns a blind eye, we (perhaps unintentionally) condone what we see. The long-term effect is that we (or the offenders) become complacent.

I would like to take a minute this week to discuss leadership and why it’s so important you all not only say you are a leader, you prove you’re a leader.

Our Navy is getting smaller, we’re building smaller ships, the number of individual augmentations is on the rise and we don’t have any extra people. All these things combined mean today, more than ever before, each of us is vital to the future of our Navy, and the future has no room for those who can’t or won’t lead.

The good news is most of you are taking the challenge in stride and doing your best

to lead and train others. I’ve traveled all throughout Fleet Forces Command and I’m still amazed at your incredible enthusiasm and energy. Our accomplishments are significant and think it’s clear our future is bright.

Having said that, I think it’s important we all pause now and then to ask ourselves if we’re doing everything we can to be the leaders we would like others to see us as. Nothing impresses me more than to see a Sailor stop another and correct a deficiency, whether that is a failure to salute an officer or a Sailor violating a uniform regulation. What doesn’t impress me is watching Sailors turn a blind eye and pretending not to see the problem, or refusing to correct the deficiency. In my book, you are either a leader or you’re not a leader. There’s no room in our Navy for part-time leaders.

Leadership is not a collateral duty -- it’s your most important duty. We expect a lot from our Sailors, and almost all of you deliver in spades. You’ve all heard the phrase, ‘you’re a Sailor first, and a rating specialist second.’ I particularly like that phrase because it helps us all keep things in perspective. While we all do our best to be technically proficient in our respective fields, we all share a common bond as leaders. To serve as a Sailor, each of us is charged with lofty expectations: We must lead; we must train our replacements; we must be respectful; we must practice



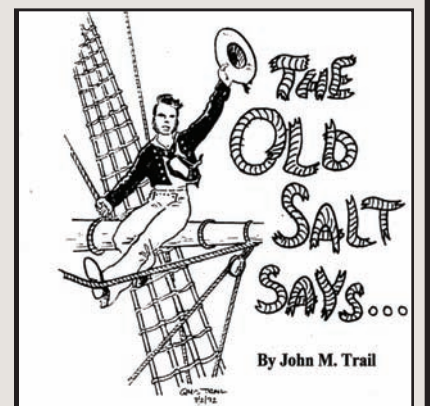
discipline. If you do these things, you should have no problem living up to our core values – Honor, Courage and Commitment.

The other day I heard someone ask another Sailor, ‘Do you have the courage to honor your commitment?’ Wow. That’s pretty good. The more I thought about that the more I liked it. It’s actually what made me want to address leadership this week. Think about it – leadership takes courage more than anything else. Most people know what is right and wrong, but only the strongest leaders do their best to ensure others live up to our standards as well as

Turn to VISION, Page 4

Davit

Shipmates, the term “Davit” and “Derrick” were actually the names of the men who invented them. “Davit” or “Davits” are those small or large crane like fittings with block and tackle used for hoisting boats, anchors, stores etc. onboard ship, and they were invented by and named after a Welshman with the name of David, which in Welsh is pronounced “Davit.” “Derricks,” whether cargo booms rigged to a king post on board ship or towering above an oil well, takes their name from the 17th Century hangman who plied his trade at Tyburn, England during the reign of Queen Elizabeth. Mr. Derrick invented a swinging boom for his gallows with a topping lift and boom step bracket, just as they are fitted today.



Features

Lincoln Gets New Club, HASH 3 Begins

MC1(SW) JOAQUIN JUATAI
Penny Press staff

Sailors from the Abraham Lincoln Carrier Strike Group (ALCSG) have taken to running as a pastime both underway and during port visits during their 2006 deployment.

Of note, the formation of a running club, Honest Abe's Seagoing Hash House Harriers (HASH3) May 15, by members of the crew, not only to endorse the sport of running, but to make it something enjoyable and interesting for Sailors to do during port visits.

Beginning the club took more than a few runners willing to get the ball rolling.

"(HASH3) are all so excited about this," said Lincoln's Morale, Welfare and Recreation Officer, John Porter. "Anything we can do to help..."

According the club's bylaws, the purpose of HASH3 is to "promote a healthy lifestyle centered on the camaraderie developed by a like-minded group of runners who appreciate good humor and fun."

Based on the running tradition of the Hash House Harriers (H3), HASH3 members participate in a version of a British game called "hounds and hares". Runs consist of a trail set by "hares", runners who leave ahead of the "pack" and mark their route by dropping dollops of flour or shredded paper. Like the actual hares the game is based on, Hash hares leave false trails, run in unexpected and often difficult directions and try to fool the pack.

British ex-patriots in Kuala Lumpur, Malaysia, who met at an inexpensive eating establishment, or "hash house", to begin and end their runs, began the Hash House Harriers in 1938. The club has since grown to include thousands of chapters in virtually every major city in the world.



U.S. Navy photo

Members of the Sasebo Hash House Harriers and Honest Abe's Seagoing Hash House Harriers gather in the fog at the finish of the first of two runs Saturday, May 27th. The Sasebo club hosted Lincoln's kennel for their inaugural weekend of runs May 26-28.

Lincoln's kennel began with ship's first port call in Hong Kong. 13 Sailors joined the Sek Kong H3 in the New Territories for a great run through a local park, while, unbeknownst to them, another group, comprised mainly of personnel from Carrier Air Wing (CVW) 2, ran with the Wan Chai H3 on Victoria Peak.

When ALCSG Sailors visited Pattaya, Thailand, the two groups joined forces and ran with the Pattaya Jungle H3, whose members encouraged the Sailors to form their own kennel.

The group, growing and attracting new runners in each port, was again encouraged to form their own kennel by the Lion City H3 in Singapore.

Turn to HASH3, Page 7

VISION

Continued from page 3

themselves.

Shipmates don't be afraid to speak up if you see something wrong. You have every right to challenge another person (respectfully) who is violating one of our instructions or standards. If the person is junior to you, the response should be something along the lines of, 'aye aye.' If the person is senior, I think you'll find often the response is, 'hey, thanks for letting me know, I'll square it away.' Sound silly? I don't think so. I see it and hear it often. I've had many a junior person

confront me in my career and I always thanked them for pointing something out to me that might have saved me some embarrassment with other senior people. I would hope every senior person would take that approach.

On a final note, I want to share with you the need to be tactful. I believe each of us needs to do our best to respect others, junior and senior. I always try to ask a person to square him or herself away before giving an order. It makes for a better confrontation and avoids escalating a situation into an argument. I'm sure you all know what I mean. Do your level best

to first live up to the standards yourself, and then help others achieve the same high standards. The final piece is consistency. Don't be a part-time problem solver. Each of us needs to uphold our standards all the time, not just when it's convenient to us or we feel comfortable. Leadership is not completely comfortable. If you ever start feeling completely comfortable in your leadership it's probably time to pause and think about it for a moment.

Good luck Shipmates! Keep up the good work and thanks for your service and your leadership!



WEEK AT A GLANCE

BY
MCSN EVANS & MCSN WILSON

Local

EOD Rating Official *Sailors Convert from Source Rating June 1*

By MC1(SW) JOAQUIN JUATAI

Penny Press staff

To improve navy Explosive Ordnance Disposal force readiness and support optimal manning, the Bureau of Naval Personnel established the Explosive Ordnance Disposalman (EOD) rating effective June 1, according to NAVADMIN 017/06.

By allowing Sailors to focus on rating specific technology and training systems, the Navy will reduce training infrastructure costs, while broadening the professional development, career opportunities

and quality of service for Sailors, according to the message.

Official conversion from source ratings to the EOD rating was automatic for EOD personnel E-6 through E-9 on June 1. E1-E5 personnel convert Oct. 1.

The new EOD rating badge will be an all black torpedo and old style bomb crossed over a contact mine. EOD personnel who have already converted can wear the new rating badge on June 1. All E-1 through E-5 personnel may switch to the new rating badge on Oct. 1.

Per uniform regulations, paragraph

4235, E1 to E5 personnel affected by this rating establishment may continue wearing their ultimate source-rating badge until their next advancement or until Sept. 30, 2008. E6 to E9 personnel affected by this rating establishment may continue wearing their ultimate source rating badge until their next advancement or until May 31, 2008.

The enlisted EOD warfare designation will be Explosive Ordnance Disposal Warfare Specialist (EWS) for all warfare qualified EOD personnel.



what you are doing right now and

over to the aft mess decks and get a

through Navy Auto Source. Don't

good chance to replace your

Sponsored by



's **MWR**



!!!!

EOD

Continued from page 1

were accustomed to using larger X-ray devices for identification purposes in mine counter-measure (MCM) work.

Chief Explosive Ordnance Disposalman (EWS) C.J. Cowlin, the EOD chief from EODMU 5, Detachment 51, located on base in Sasebo, said that the topics covered in the training is only of secondary importance.

"It is important to always try to coordinate training [with the

Japanese], to interface, to increase exposure, and to share capabilities." Cowlin said, "It helps in the Global War on Terror to have a strong front, and it takes sharing knowledge to get there.

"In the Pacific theatre, Japan is our (the United States') primary ally," he said.

For this reason, Cowlin said, it is difficult to overstate the value of operational relationships in as many areas of the world as possible.

Local News

Bone Marrow Registration June 28

FROM ABE'S MEDICAL DEPT.
Special to Penny Press

The USS Abraham Lincoln (CVN 72) and the C.W. Bill Young Marrow Program will be conducting a bone marrow registry on June 28, 2006. Our goal is to surpass the record held by the USS Nimitz of 1,800 personnel registered. We need to take the record!

The C.W. Bill Young Marrow Donor Center was established in Kensington, Maryland by the United States Department of Defense. The Naval Medical Research Center manages the program with instruction from the DOD. The goal of the DOD Bone Marrow Donor Program is to register personnel for the national registry by coordinating all of the medical and logistic support for volunteers. Eligible volunteer donors include active duty, active duty dependents, DOD civilians, Reservists, Coast Guard, and National Guard members. Similar to over 90 donor programs in the United States, the DOD program recruits and registers volunteers in the National Marrow Donor Program.

Please come to the mess decks on 28 Jun 06 to volunteer for the USS Abraham Lincoln's 2006 Bone Marrow Registry. The process of becoming part of the National registry for bone marrow donors

is very easy. **A BLOOD SAMPLE IS NO LONGER REQUIRED.** You will be asked to fill out two pieces of paper and swab the inside of your mouth with Q-tips. No pain!

There are very few restrictions to registering. You can register even if you have been refused as a blood donor! The only two serious restrictions are ACTIVE CANCER and HIV. Everyone else can register. If your cancer has been in remission for over a year, you CAN register.

It is free on the ship! If you register outside of the DOD drive, it often will cost you \$65 to register!

On the day of the drive, you will fill out paperwork and Q-tips will be used to swab the inside of your cheek. **THIS IS PAINLESS! NO BLOOD SAMPLE REQUIRED!**

The collection of cheek cells takes seconds! That is it. Now, your sample will be entered into the National Registry.

Patients who need a bone marrow transplant are matched with individuals on the National Registry List. If you match, then you will be asked to donate bone marrow. This may be months to years after you become part of the registry. Most individuals on the list NEVER match with a patient. You have less than a 2% chance of being selected as a donor. Again, even

if you match, you make the decision!

It is much easier than ever before to donate bone marrow. If you are matched with a patient, you will be asked to donate. It is up to you, if you would like to proceed! No one can force you to donate! If you decide to donate to a matched patient, then you will be given a medication one week prior to donating. This medication will help pull out bone marrow cells into your blood. All blood cells start out in the bone marrow! After some of your bone marrow cells are in your blood stream, a machine is used to extract the cells. It is similar to giving platelets. Blood is taken out of your arm and put into a machine. The machine takes out the bone marrow cells and puts the rest of the blood back into your other arm. Extracting bone marrow cells takes approximately two hours. While your cells are being extracted, you can watch a movie, eat cookies, and drink juice. Before you know it, you have saved a life!

If you do match and are selected to be a donor, the DOD will pay for and all expensed paid trip for you and a friend to fly to George Washington University in Washington D.C.

Although the extraction takes two hours, the DOD will pay for five days in Washington D.C.

HASH3

Continued from page 4

Finally succumbing to the collective encouragement and positive participation, HASH3 was officially formed as an MWR sponsored club.

During Lincoln's most recent port call in Sasebo, Japan, the Sasebo H3 graciously hosted HASH3 for their inaugural weekend.

Sasebo H3 helped put together not one run, but four for ALCSG Hashers to enjoy.

Running on Friday evening, two runs on Saturday (up and down a local mountain) and a final run on Sunday helped usher in the new chapter of the Hash House Harriers in style.

Lincoln's MWR helped the club by providing transportation to and from several of the runs, as well as providing guidance to

the club's "mismanagement" regarding the proper way to draw up the club bylaws.

According to Yeoman 1st Class (SW) Justin McKaye, one of HASH3's officers, Hashing is an excellent way to get some exercise and see a foreign port from a different perspective.

"What I really like about hashing in foreign countries is you get a true feeling for the country when you are able to go off the beaten path," said McKaye.

Seeing local countryside from the trail can lead to lasting friendships, as well. And Hashers can almost always find a kennel to run with regardless of where they are in the world.

HASH3 has held an event in every port during deployment, and plans are in the works to ensure runs in Hawaii as well. For more information about Lincoln's HASH3 club, contact MWR at j-dial 7028.

Local News



Shipmates

The strength of a warship lies in the hearts and hands of its crew



Photo By MC3 Jordon Beesley

A Sailor runs toward catapult number three after an F/A-18C Hornet from Strike Fighter Squadron (VFA) 34 launches from the flight deck.

USS Abraham Lincoln Safety
Department's

Safety Sailor of the Week

While painting a bulkhead on the aft messdecks, Culinary Specialist 3rd Class (SW) Ronny Alzume of Supply's S-2 used the proper PPE (goggles, a respirator and nitrile gloves).

Since he was using a roller he also ensured he had a Cold Work Chit posted in the space.

PHOTO BY SK1 (SW/AW/SS) RICHARD WARD



CS3 Ronny Alzume



Editor's Top 10

Reasons to get warfare qualified...

10. So you can sit at the Adult table at dinner.
9. So you can get to the fifth level of Dungeons and Dragons.
8. Your mind is a sponge for useless trivia.
7. No one really needs to sleep anyway.
6. Knowing what a SPN-46 is will get you all the ladies in the civilian world.
5. In the event of an actual casualty, you still won't know what to do.
4. So you don't have to be back on the boat at Noon in Hawaii.
3. To get the six figure job when you get out of the Navy.
2. So you can spend an extra \$3.50 at the exchange to update your uniforms... Honestly, what else do you have to spend the money on?
1. IT'S MANDATORY (Only if you're an E-5 or above).